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## SCHEDULE OF LECTURES FOR A THREE-YEARS' COURSE OF TRAINING

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THE following list of lectures is offered merely as a suggestive schedule for the three-years' course, and as such, it is hoped, may be of some service.

It is the result obtained from the study of the lectures given in many nurses' schools; material has been drawn from several of the best of these, and an attempt made to arrange it to meet the necessary requirements.

The course in hygiene in the first year has been taken in full from the lecture course of the Johns Hopkins Hospital School for Nurses. I would like to thank Miss Nutting for allowing this privilege, and also Miss McIsaac and Miss Samuel, who, with Miss Nutting, were good enough to respond to the request for information and for assistance in preparing these lectures.

As the "preliminary course" is still a thing of the future for all but a few favored schools, it has not been considered.

### JUNIOR, OR FIRST, YEAR.

#### *Anatomy and Physiology. (October, November, and December.)*

- I. Cells; elementary tissues.
- II. The skeleton.
- III. The skeleton; joints.
- IV. Muscles and their functions.
- V. The heart; blood-vessels.
- VI. Blood; circulation.
- VII. Respiratory organs; respiration.
- VIII. Digestive organs.
- IX. Digestion and absorption.
- X. Kidneys.
- XI. Elimination.
- XII. Nervous system.

#### *Bacteriology. (January.)*

- I. Microorganisms and their classification; their functions in the universe.

- II. Pathogenic microorganisms; their distribution in nature; modes of entrance into and discharge from the body. Exhibition of cultures.
- III. Brief consideration of the diseases known to be caused by microorganisms.

*Hygiene. (January and February.)*

- I. Air. Chemistry of the atmosphere. The influence of its various constituents on the animal body. The alterations produced on the surrounding atmosphere through respiration and other natural causes. Purification in nature.
- II. Ventilation, heating, and lighting. Primal principles. Practical application of the same to (a) dwellings, (b) public buildings, etc.
- III. Water: its chemistry. Consideration of pure, distilled, and natural potable waters. Injurious organic and inorganic constituents to be found in water. Sources of contamination. Purification of water.
  - Ice. Consideration of impurities. Choice between natural and artificial in regard to household use.
- IV. House sanitation: (a) Consideration of soils, (b) choice of site of dwellings, (c) principles and practical application of plumbing, including discussion of faulty plumbing, (d) wells, cess-pools, and disposal of sewage and refuse.
- V. Disinfection. Definitions of asepsis, antisepsis, disinfection. Sterilization and disinfection of clothing, apartments, excreta, and disposal of the latter.
- VI. Personal hygiene: Food; clothing; bathing; exercise.

(Taken in full from the lecture course of the Johns Hopkins School for Nurses.)

*Medical Lectures. (February and March.)*

- I. The general care of patients; what and how to observe and record accurately.
- II. Pulse, temperature, and respiration.
- III. Typhoid fever.
- IV. Hydrotherapy.

*Surgical Lectures. (March.)*

- I. Healing of wounds.
- II. Asepsis and antisepsis in surgery.
- III. Inflammation, suppuration, septicæmia, pyæmia, erysipelas.

*Materia Medica. (March and April.)*

- I. The means of administering medicines; weights and measures used.
- II. Cathartics; the time and manner of administration.
- III. Diuretics and diaphoretics.
- IV. Hypnotics and antipyretics.
- V. Tonics and stimulants.
- VI. The value of hypodermic administration.

Lessons in bandaging should be given by a doctor before the surgical lectures are delivered in March.

Theoretical instruction in dietetics should accompany the two-months' practical work in cooking.

As far as possible it is well to keep the lectures and class-work in touch with each other, as it is concentrated energy which shows the best results.

*Examinations in May.*

INTERMEDIATE, OR SECOND, YEAR.

*Contagious Diseases. (October.)*

- I. General considerations and treatment.
- II. Smallpox.
- III. Diphtheria and other allied diseases.

*The Eye. (October.)*

- I. Anatomy of the eye.
- II. Diseases of the eye.
- III. Care of the eye in health and disease.

*Ear, Nose, and Throat. (November.)*

- I. Anatomy of the ear, nose, and throat.
- II. Diseases of the ear, nose, and throat.
- III. Care of the ear, nose, and throat in health and disease.

*Medical Lectures. (November and December.)*

- I. Diseases of the digestive organs: gastritis, dilatation, gastric ulcer, cancer, etc.
- II. Diseases of the intestines.
- III. Diseases of the circulatory system.
- IV. Diseases of the respiratory system.

*Surgical Lectures. (December and January.)*

- I. Surgical diseases. Deformities.
- II. Tumors.
- III. Contusions, sprains. Fractures, dislocations.
- IV. Care of patient before, during, and after operation.
- V. Anæsthetics and their administration.
- VI. Surgical emergencies.

*Nervous Diseases. (February.)*

- I. The healthy nervous system.
- II. The nervous system in disease.
- III. Special nervous diseases and the care of the same.

*The Urine. (February and March.)*

- I. Anatomy of the kidney and other urinary organs.
- II. Analysis of the urine.
- III. Diseases of the urinary organs: nephritis, cystitis.

*Materia Medica. (March.)*

- I. Drugs acting on the respiratory system: the physiological action, etc.
- II. Drugs acting on the circulatory system: use, action.
- III. The effect of certain drugs on the excretory system.

*Gynæcology. (April.)*

- I. Pelvic anatomy.
- II. Diseases of the external genitalia.
- III. The uterus and tubes in diseased condition.
- IV. Diseases of the ovaries.
- V. Preparation of the patient for examination and operation.
- VI. Care of the patient after operation.

Classes in Massage in March and April.

*Examinations in May.*

SENIOR, OR THIRD, YEAR.

*Obstetrics. (October.)*

- I. Pregnancy: The signs, the organs concerned and the changes which they undergo.
- II. The diseases and emergencies of pregnancy.

- III. The care of the pregnant woman, including diet, exercise, etc.
- IV. Labor; signs and causes of labor.
- V. Preparations and positions of the child; emergencies of labor.
- VI. The puerperal period. Management of the woman; dangers of the period.

*Children. (November and December.)*

- I. The condition and care of the new-born infant.
- II. Dieting in infancy and childhood in health.
- III. The diet of the infant and young child in illness.
- IV. General care of the young child in health and disease.
- V. Bathing; irrigation of stomach and bowels; gavage, etc.
- VI. Care of the child in measles, chicken-pox, scarlet fever, and other exanthematous diseases.

*Medical Lectures. (January.)*

- I. Tuberculosis.
- II. Malarial fever.
- III. Rheumatism; gout.
- IV. Bright's disease; diabetes.
- V. Rickets; scurvy.
- VI. Diseases of the thyroid gland.

*Insanity. (February.)*

- I. Insanity in general.
- II. General care of the insane.
- III. Special forms of insanity and the care of such.

*The Skin. (March.)*

- I. Anatomy and care of the skin.
- II. Diseases of the skin.
- III. Care of the skin in health and disease.

Class work would include:

- 1. Institutional nursing.
  - (a) The pupil nurse.
  - (b) The head nurse.
  - (c) The head of a school or hospital.
- 2. The nurse outside the hospital.
  - (a) The private duty nurse.
  - (b) The district nurse.

- (c) Opportunities open to the graduate nurse.
- 3. Talks on Domestic Science.
  - (a) General sketch of the subject.
  - (b) Home economics.

*Examinations in May. Graduation Exercises May 31.*

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## GLIMPSES OF LIFE IN MANILA

By MRS. DITA H. KINNEY  
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It is only vouchsafed those who have been long at sea to appreciate fully the feelings inspired by the first sight of land. These seem at this time to be the actual expression, the sum total, of "things hoped for."

As the time approaches for the realization of the object of the voyage the patience of the sailing-master and his officers is sorely taxed by the innumerable questions as to the possible and probable hour of arrival. Little else is talked of by the groups on deck, and the various signs corroborative of the approach of the shore, such as the appearance of gulls and other water-fowl, are eagerly noted.

And yet in spite of all this, and after four long weeks on the ocean, the first sight of the Philippines is disappointing, particularly so if stop has been made en route at that garden spot of the earth, Honolulu. One sees no royal palms, those gigantic "exclamation-points of tropical scenery;" and the foliage, as observed from the deck of an approaching vessel, might be that of the oaks or elms of Ohio or Pennsylvania.

Nor does this sense of disappointment lessen with approach. It is not till one is quite close that the tropical character of the vegetation is evident. The surpassing beauty of the bamboo- and tamarind-trees must be seen at close range to be appreciated, and the huge leaves of the banana-trees make only a dense body of green when seen from afar.

As yet there are no piers extending out into the deep waters of Manila Bay and beside which large vessels may lie, though plans and specifications have been submitted and a large appropriation made for doing this work. Loading and coaling are effected by means of lighters and landing and embarkation by launches plying between the ships and the office of the Captain of the Port, situated some little distance up the Pasig River.